

Azure Blue Succory



The Coffee Blend - Herbe à Café

Ranjan Misra

*Blend of Pure
Brazilian / Colombian
Dark Italian Roast*

Other fine

Instant Coffees

with approx 22%

‘The Ancient Herb’

Blue Succory

Herbe à Café

Hinduba

Radicchio

Belgian / French Endive

Barbe de Capucin

kasani

Yeux de Chat

To Create, One has to have, Interest

Talent & Time ... just nobody

Coffee blend

Made for non-commercial personal use

Preface & Disclaimer_: Even though for me, it has worked as medicine in controlling, probably helping along with other Ayurvedic herbs like mamyjevo, mandur, tulsi, neem, arjun, aswagandha, sarphagandha (Indian Names) some Homeopathy, weekly fast, curing to some extent my various ailments discovered in Mar'1996 with opinion of top hospitals in India, Germany, France, UK among others with no medicine for my unheard syndrome, often taken as unknown multiple allergy, for some it was a case of either auto-immune disorder or some mutated form of nerve / sensors disorder etc., that needed further investigation that was hard to believe of fluctuating, Blood pressure in less than 40 minutes from Low of 100/61 to normal to very high of 200/110 and back, inversely fluctuating Glucose and Triglycerides, one goes up other goes down with Pituitary, Adrenal and other cancer being negative, except losing my teeth and part upper jaw bone for reasons, best known to good lord only hampering diet speech and looks that do not matter accepting with grace, hoping for basel bone or titanium implant

No planning, no savings for future that may or may not be, live each day as it comes and goes to see the next day, life with no headache or any other symptom not to think or to keep records, to see again and again, hope for best be prepared for worst, be happy to pursue my interest, like learning Vedic-astrology & comparative religion, building computer operating system (OS) Unix like GNU/Linux distro' as occupation. Only Mantra, 'I am not to think and store any ailment, between my two ears reports, docs are to be heard from one to another And above all, I die one day not everyday" the day that the good lord is pleased will be, what will be, will be, that's me. Surely not a good example to follow, so let it pass

This presentation of information, medicinal benefits, recipe, preparation of the herb with many names (22% approx) in the blend with many health benefits, is not a substitute for professional medical advice, diagnosis, and treatment

That the, Information on the herb, has been multi sourced with no-claim, intension and or to promote any blend or the herb mentioned with few names. Medical professional study (s) is not authenticated by author, and bears no responsibility directly or indirectly on errors, if any

It all started as a good childhood hobby learning by observation and assisting from shopping to completion, in making beauty packs using natural material like multani matti, copra, shikakae, haldi (Indian Names) etc, for hair & body wash. Also keenly watch blending of teas like Orange piko, Darjeeling green, Doors, Makiabari etc for a tea blend. Accidentally discovered, while looking for herbs to make herbal green tea, the medicinal value of this ancient herb, sourced the ingredients mix and match different coffees to get the less bitter, rich good taste with less caffeine, if nothing else, a herbal coffee, keeping herbal green tea on hold

SYNOPSIS

A charming plant with **azure blue flowers**,. The Herb with many names : *Achicoria, Barbe de Capucin, Blue Sailors, Cheveux de Paysans, Chicorée Amère, Chirée Sauvage, Cichorii Herba, Cichorium intybus, Cichorii Radix, Écoubette, Hendibeh, Herbe à Café, Hinduba, Kasani, Kasni, Racine de Chicrée Commune, Succory, Wild Endive, Yeux de Chat, Blue Succory, Radicchio, Belgian / French endive, Witloof* : Uses, Side Effects, Interactions and abstract information. Related to this One Ancient Herb of many names, henceforth called *Azure Blue Succory*

It's totally a natural product from a perennial plant, grown for centuries, cultivated mainly in northern Europe but also found in parts of India, Africa (southern), Florida and California

Use of herb, dates back 5,000 years and was referred to in the days of Cleopatra and Napoleon. Azure Blue Succory, grown along the Nile River for thousands of years. Egyptians used Azure Blue Succory for the heart, and Romans believed it kept the blood pure

In France, Azure Blue Succory, leaves are cooked and eaten like spinach. The root of this age old plant is the part most commonly used, though. Early herbalists made a tonic from Azure Blue Succory stem, root, said to protect the liver from effects caused by excessive drinking

Also called "succory," in America, Azure Blue Succory, root is best known today as a key ingredient in the famous coffee from New Orleans, pioneers in coffee blends using the herb

Launching soon by a major Trans National coffee Co. In India with herb grown and produced locally, and its well established Coffee blend as instant coffee, have tasted

the free samples, blend tastes good, packaged as single cup serve sachets for convenience

The roasted root has an aroma like coffee, but Azure Blue Succory contains no caffeine better say, Caffeine free coffee, making it a satisfying alternative or additive to coffee(s), as blend both for traditional filter or convenient instant blend

It was thought of not only as a beverage but as a vegetable, and praised for its medicinal effect on the digestive tract. Introduced to the American colonies by the governor of Massachusetts in 1785, it became a common household product served as an herb beverage and as a hot or cold vegetable at meal time. In recent years, it has been preferred as a caffeine free beverage and as a great way to enhance, enrich and extend ground roast coffee.

The leaves of the *Blue Succory, radicchio, Belgian/ French endive* plant have long been popular as salad greens. Actually, *Blue Succory, radicchio, Belgian*

endive, *French endive* is a distant (but much tastier) relative of the common dandelion, good for those who like salads for taste and or diet conscious

Gourmets throughout Europe and the US have been mellowing coffee with *Azure Blue Succory*, for generations. The root of the plant is sliced, kiln dried, Ground and Roasted to a rich dark brown colour, look same as coffee beans. When added to coffee

Azure Blue Succory, blended with coffee actually produces a smoother, more enjoyable cup of coffee, as proved by extensive blind taste tests among coffee drinkers in New Orleans blend. *Azure Blue Succory* offsets what many refer to as "the hard taste of coffee". Since *Azure Blue Succory* tends to darken coffee, this darkness has often been misconstrued as meaning the coffee will be bitter or stronger.

Just need to get used to a comfortable measure of spoon anything more will be bitter and darker than regular but

do not forget what granny said, all that is healthy is bitter which includes azure blue coffee blend

No Caffeine, the coffee harmful effect, in coffee which means that if you drink a coffee blended with Azure Blue Succory, you actually reduce your caffeine intake without sacrificing the enjoyable rich taste

Since it is highly soluble (70%) and very flavourful, adding Azure Blue Succory in making filter coffee to ground coffee (only 20% soluble) lets you to brew the same pot of coffee with half as much ground roast coffee, making a delicious pot of coffee. It can be served hot or cold. It has a rich caramel flavour and leaves a bitter pleasantly smooth after taste

Azure Blue Succory is a creative, versatile ingredient which adds flavour to other drinks. The Azure Blue Succory, root is a common ingredient in herbal tea blends and, as an extract, made by steeping ground roast Azure Blue Succory in boiling water, then straining, it can be used to add a dark rich colour to soups, meats,

gravies and dark breads and now a days. Azure Blue Succory, is also used for adding flavour to ice cream in Europe and some parts of Russia

Measure out half the amount of coffee you'd ordinarily use to make a pot of coffee. Then add half that amount of *Azure Blue Succory* and Brew. Example: If you ordinarily use one tablespoon of coffee per cup, you would use only 3 tablespoons of coffee, plus one tablespoon of *Azure Blue Succory* to make six cups of coffee blend

Combine one measuring cup milk and one teaspoon Bring to a boil and let it stand five minutes. Then strain and serve either hot or cold. Add sugar to taste.

Combine in a saucepan 3/4 cup ground roast *Azure Blue Succory* and 11/2 cups water. Bring to a boil and simmer three minutes. Remove, From heat, let it stand 15 minutes, strain. Store in covered jar in refrigerator.

Use a teaspoon or two to flavour puddings and desserts. This extract makes an excellent colouring for gravies, stews, rye breads, or any dish to which you want to add a dark rich caramel coffee colour

Azure Blue coffee blend with 22% of herb adds more benefits being in the solubility of 70% against 20% for pure 100% coffee

Azure Blue Succory, is a highly effective and natural periodic that improves the balance of bacteria in your dog's digestive system. Harvested for its root, then is washed, dried and ground before being added to dog food. It is a completely natural ingredient and Does not have anything added to it or extracted from it

For entertainment and informational purposes only

*It is not a substitute for vet. / medical
advice, treatment or cure*

*Professional medical
consultation is highly
recommended*

Part 1

The herb in Detail

Is *Azure Blue Succory* Good for Health and well being?
I've discovered that Ingredient may have some effects on glucose control as well as some diuretic properties.

Should *Blue Succory, radicchio, Belgian endive, French endive, Witloof* be avoided ?

Answer (Published on 11/9/2012) by Dr. Well ..

Azure Blue Succory, more precisely root Azure Blue Succory (C i), grows all over the United States and is cultivated in Mediterranean areas in Europe, where it is roasted, ground, and used as a salad dressing, coffee blend as it is bitter and dark and looks and tastes something like coffee but is caffeine free, Azure Blue Coffee even with around 78% finest coffees and approx

22% herb offsets that much caffeine making the best of both taste of coffee and goodness of the herb

Azure Blue Succory, doesn't raise blood sugar, but it might trigger reactions in people who are allergic to ragweed pollen and are sensitive to related plants, including chrysanthemums, marigolds, daisies and other members of the *Asteraceae / Compositae* plant family. Because Azure Blue Succory can stimulate the production of bile, consuming it more could theoretically be a problem for people with gallstones, but these are unlikely possibilities, detailed later in contradictions

The fact that you're seeing Azure Blue Succory root listed among the ingredients in the many health and other foods is because it contains *inulin*, a carbohydrate fiber. Sometimes called "Azure Blue Succory root fiber," inulin is also found in bananas, wheat, onions, and garlic, but Azure Blue Succory root has very high concentrations. Food manufacturers now extract inulin from Azure Blue Succory root and add it to edible products such as yogurt, ice cream, bitter chocolate,

choco bars, breakfast bars, salad dressings, even margarine. Because it has a smooth and creamy texture, it has been called the "stealth fiber," and it works well as a healthy replacement for fat.

Like other high fiber foods, inulin prevents constipation, helps maintain a healthy balance of "good" bacteria in the colon, and helps lower cholesterol levels

It can also be used as a sweetener in processed foods its sweetening power is one tenth that of sucrose

The only problem with inulin may be that it doesn't have the texture or taste of fiber. This can make it easy to consume too much, bringing on the same kind of digestive problems caused by an excess of any fiber: gas/bloating, nausea, flatulence, stomach cramping, diarrhea, constipation and digestive "rumbling."

A study from the University of Minnesota published in 2010 found that most healthy people can tolerate up to

10 grams of native inulin (one type of inulin product) and five grams of "sweet" inulin (another version) daily. Flatulence was the most common symptom reported by study participants regardless of the type of inulin they consumed, more than above daily

The study was published in the June 2010 Journal of the American Dietetic Association. Andrew Weil, M.D.

Azure Blue Succory as Herbal Medicine

Azure Blue Succory

Herbal Medicine Preparation



Flower

What Is Azure Blue Succory

It is an herbal medicine used as health tonic for the entire body with health benefits for the brain, heart, reproduction and many others

Azure Blue Succory is erect perennial herbaceous herb of the daisy family which is native to Europe, North Africa, and Asia. First recorded usage is by Egyptians

Azure Blue Succory was used in ancient Egypt where it was believed that it offers health benefits for liver and gallbladder, besides enhancing beauty

Since then Azure Blue Succory has been naturalized and cultivated for its edible leaves and roots in most mild temperate regions, in America. Azure Blue Succory can be found alongside roads, fencerows and gardens

*Medicinal benefits with citations, published
scientific study, medical references
covered later*

Azure Blue Succory, is a woody plant that can grow to about 10 to 100 cm tall.



Azure Blue Succory, has long, deep taproot that is milky inside. Azure Blue Succory, leaves are stalked, hairy, lanceolate and large, coarsely toothed, growing in clustered formation from plant base in spreading rosette while the upper leaves are small. Azure Blue Succory flowers bloom in mid to late summer until the first frost. Azure Blue Succory flower heads are 2 to 4 centimetres wide, and usually bright blue, rarely white or pink. Blue flowers are the one used for consumption

Azure Blue Succory, are prized for its leaves, roots and buds which are edible. Azure Blue Succory leaves and buds are used for salad and other meal preparation, while Azure Blue Succory roots are used as coffee substitute by a few and mainly as additive in making blended coffee.

Azure Blue Succory use in herbal medicine has a long history and some of its health benefits has recently been confirmed by science, Constituents other than Energy and Dietary fiber are :-

Protein

Calcium

Iron

Magnesium

Manganese

Phosphorous

Potassium

Sodium

Zinc

Source: USDA



Azure Blue Succory, Chemical Constituents:
The active compounds in Azure Blue Succory are inulin, Sesquiterpene lactones, vitamins, minerals, fat, mannitol and latex

Other Chemical constituents of Cichorium intybus L Fructan, Sesquiterpene lactones, alphamyrin, taraxerone, baurenyl acetate, betasitosterol.¹² Inulooligosaccharides (IOS), Xanthomonas oryzae No. 5.¹³ 2, 3, 4, 9 tetrahydro 1Hpyrido (3,4) indolecarboxylic acid.¹⁴

*Therefore making the herb
good natural source of
minerals, vitamins and
a healthy supplement*



*Azure Blue Succory
Availability And Preparation of a Cup of Coffee
I prefer mug to cup*

The entire, Azure Blue Succory plant is available during spring and summer. Comfrey Dried roots and extracts are available in most health stores mainly in Europe, United States, Russia, Australia and Japan

Azure Blue Succory is also available in online health stores and Bulk Azure Blue Succory, Root Granules (Roasted), Mostly 1 lb. Package bulk supplies are also available from international wholesale suppliers

Azure Blue Succory Preparation:

Azure Blue Succory plants are available and harvested during spring and summer by cutting off just below the rosette

Young Azure Blue Succory leaves are used for salads while the matured leaves are cooked with other vegetables and or meat

Roots are dug up, washed and roasted until they turned dark brown

The roots are powdered and brewed like coffee a caffeine free alternative that has a peculiar bitter taste that many dislike or with coffee as a coffee blend best of the both coffee and herb

Azure Blue Succory decoction can be, prepared by adding 2 teaspoonful of root stock or dried herb, for every cup of water;. Boil and simmer for 10 minutes then strain solid parts. Azure Blue Succory decoction can be taken at 8 to 12 ounces per day

Ready to use pre-mix as instant coffee available.
1 or less teaspoon, adjust to taste to a cup / mug
of hot boiling water with or without dairy or non dairy
whitener and sugar to taste

*Drink it hot or cold with or
without ice-cream, Extra cream
Sugar to taste*

Part 2

Azure Blue Succory Medicinal Uses And Health Benefits

Azure Blue Succory has been used in herbal medicine since ancient times for the many health benefits :

Azure Blue Succory has been recorded as an everyday treatment for ailments as home remedy or as supplement for relief

Azure Blue Succory has a **mild laxative effect** that is beneficial for digestive problems such as **dyspepsia**, indigestion and **constipation**

Azure Blue Succory is also used to increase appetite and promote general well being. Dried Azure Blue Succory roots are used to **treat jaundice** and as prevention against liver damage

Azure Blue Succory is rich in **betacarotene** that can fight and prevent colon cancer

It is also used to **treat gallstones and liver stones** by increasing the secretion of bile from the liver and gallbladder promoting urination and excretion of harmful substances

Azure Blue Succory is also used as **natural sedative** for nervous system, just imagine coffee at bed time for sound sleep without the pill

Azure Blue Succory, plant leaves are used to treat cuts and wounds, *I have used paste to treat deep wounds just under armpit and on calf in sep'2016*

And also used as **anti-inflammatory** treatment for arthritis, gout and rheumatism .

Azure Blue Succory leaves are also recommended to be included **in weight loss** diets, especially to those who are high risk for **diabetes mellitus**

Other health benefits from Azure Blue Succory rich diet include **lower LDL** cholesterol level and improved bowel movement

‘Dvaa woh jo lag jayae’
(medicine is, that cures)

Old Persian Saying

Azure Blue Succory
Medical And Scientific Research
Quoting Study Paper(s) on proven
Health benefits
mentioned earlier

**Azure Blue Succory : Has Anti
Allergic Health Benefit:**

In a study published in “Pharmacological Research Journal, 1999” entitled “Inhibitory effect of mast cell mediated immediate type allergic reactions by C i” confirmed that (Azure Blue Succory) inhibits mast cellediated immediate type allergic reactions in vivo and in vitro. ., [.nih.gov/pubmed/10378992](https://pubmed.ncbi.nlm.nih.gov/pubmed/10378992)

Azure Blue Succory : Can Lower LDL Cholesterol Level And Triglycerides:

In a study published in “Journal of Nutrition, 1999“ entitled “Effects of inulin on lipid parameters in humans” it was found that a compound called fructooligosaccharide inulin decreases the serum triglycerides by inhibiting the hepatic fatty acid synthesis and at the same time reducing production of low density lipoproteins LDL). **ncbi.nlm.nih.gov/pubmed/10395623**

Azure Blue Succory : Has Anti-inflammatory Health Benefit

In a study published in “Biochemical and Biophysical Research Communications, 2005”, entitled “Inhibition of the expression and activity of cyclooxygenase2

Azure Blue Succory extract” it was reported that Azure Blue Succory contains fructans with reported prebiotic bifidogenic properties as well as anti inflammatory effects. Azure Blue Succory, has been found to inhibit prostaglandin E(2) and cyclooxygenase 2 (COX2). Altogether, the data presented strongly support Azure Blue Succory root as a promising source of functional food ingredient, combining prebiotic and anti-inflammatory properties

ncbi.nlm.nih.gov/pubmed/15649409

Azure Blue Succory : Has Anti-cancer Health Benefit

In a research published in “Carcinogenesis, 1997” entitled “Effect of dietary oligo-fructose and inulin on colonic preneo-plastic aberrant crypt foci inhibition” have shown that Azure Blue Succory derived Oligo-fructose and inulin, naturally occurring fermentable

Azure Blue Succory fructans, have been shown to stimulate the growth of bifido-bacteria which are regarded as beneficial strains in the colon and inhibit colon carcinogenesis in the laboratory animal models

**Azure Blue Succory :
Is A Good Source
Of Dietary Fiber**

In a study published in “Critical reviews in Food Science and Nutrition, 2001” entitled “Inulin and oligo-fructose as dietary fiber: a review of the evidence” confirmed that Inulin and oligo-fructose share the basic common characteristics of dietary fibers, that is, saccharides of plant origin, resistance to digestion and absorption in the small intestine, and fermentation in the colon to produce short chain fatty acids that are absorbed and metabolized in various parts of the body. Moreover, this fermentation induces a bulking effect

Azure Blue Succory : Has Hypoglycemic Health Benefit

In a study published in “British Journal of Nutrition, 2005” entitled “Impact of inulin and oligofructose on gastrointestinal peptides” confirmed that dietary inulintype fructans extracted from Azure Blue Succory root may modulate the production of peptides, such as in-cretins, by endocrine cells present in the intestinal-mucosa. This suggests that, Azure Blue Succory, may have an important role in the management of obesity and diabetes through their capacity to promote secretion of endogenous gastrointestinal peptides involved in appetite regulation.

ncbi.nlm.nih.gov/pubmed/15877889

**Azure Blue Succory:
Has Pre-biotic Health Benefit**

A study published in the “Journal of Renal Nutrition, 2002” suggested that the increase in bifido-bacteria has been assumed to benefit human health by producing compounds that inhibit potential pathogens, by reducing blood ammonia levels, and by producing vitamins and digestive enzymes

Azure Blue Succory Side Effects, Contraindications And Warning

Azure Blue Succory, has many health benefits but is more known as a coffee substitute or supplement

Azure Blue Succory, being a nutritious vegetable is generally safe for human consumption

There are no reported side effects and currently have no information for Azure Blue Succory, Interactions

Keep in mind that natural products are not always necessarily safe and dosages can be important

Be sure to follow relevant directions after consulting your physician or healthcare professional before use

However, Contact to Azure Blue Succory plant may cause irritation for those who have sensitive skin or with skin allergy to daisy plants

Taking Azure Blue Succory, by mouth in large amounts is unsafe during pregnancy

Azure Blue Succory, might start menstruation and may cause miscarriage or abortion.

Taking large amount of Azure Blue Succory for breast feeding mothers are also discourage since there is no sufficient scientific studies to establish its safe use.

Azure Blue Succory can promote extra secretion of bile from the gallbladder than required

Use Azure Blue Succory with caution and only with medical supervision when patient is with gallstones.

Health Benefits of Azure Blue Succory Root

by Dr. Ed.,. DC, NP, DACBN, DCBCN, DABFM

Published on December 12, 2012, Last Updated on October 5, 2015

Azure Blue Succory, root has a long history of providing support to liver problems. Ancient Romans used the herb to help cleanse the blood.

Egyptians were known to consume Azure Blue Succory root in large amounts to help purify the liver and the blood. It's popular today as a caffeine free replacement for coffee or blended with finest coffee(s) you may have tried it, if you've visited New Orleans.

Digestive Support

Azure Blue Succory, may provide direct functional support to the digestive reactions in the body. First of all, Azure Blue Succory, root increases the flow of bile, which supports digestion. Because extra bile helps break

down fats, Azure Blue Succory root may help optimize blood composition and is worth consideration by anyone seeking to achieve optimal liver and gallbladder health

Secondly, organic Azure Blue Succory root contains inulin, a soluble fiber that feeds digestive flora in the intestines. Many plants contain inulin, but Azure Blue Succory root has the highest concentration.

Nourishing the healthy flora in the intestines enhances digestion. Furthermore, since inulin content is not digestible, the lack of glucose can help promote optimal blood sugar levels while also increasing stool bulk and consistency to help eliminate toxins efficiently.

Antioxidant Activity

Many herbs are high in antioxidants, which, in plants, often come in the form of compounds called phenolics. Azure Blue Succory is a rich source of these and the protective effects poly-phenols on the cardio-vascular system is widely acknowledged.

Azure Blue Succory coffee has repeatedly been assessed for resistance to redness due to its phenolics and caffeic acid content

Adding Azure Blue Succory root to the diet of lab rats significantly increased antioxidant levels in the blood. Researchers believe the benefit of dietary supplementation with Azure Blue Succory is because of its poly-phenolic (antioxidant) compounds

Against Harmful Organisms Having shown potent activity, Azure Blue Succory root extract has generated interest for potential role against harmful organisms

An Italian study found Azure Blue Succory root extract to have fungal cleansing qualities in certain situations. Azure Blue Succory root is toxic to strains of Salmonella at high amounts and a 28 day rat study found no side effects from large servings of Azure Blue Succory root extract

Relation to the Liver

In addition to its beneficial antioxidant effect, Azure Blue Succory, root provides functional support to the liver.

The Zoology Department at **Mansoura University in Egypt** concluded Azure Blue Succory has a promising role worth considering for halting oxidative stress and liver injury in some situations

Part 3

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multi sourced from leading medical sites for

better understanding by medical

professionals. Named as title

Author claims no responsibility on any

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that was abandoned for windows
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name the OS, use, sell, distribute do what so ever
Android OS built on linux kernel for Smart-phones 79% + users
android on smartphone is what MS-Windows is
to PC/Laptop OS being 79%+
Today Linux dominates Server & Big iron systems
Linux on PC/Laptop desktop under 2%*

LeNx'''OS : Simplifying OS from being Geeks Only To User Friendly

LN: Lakshmi Narayan temple at Barhni, Nepal

My forefathers belonged to and we are called

'Barhaniya Misr', meaning Misra's of Barhni

ex : ex-Potentially ahead OS.,

The xSETUP'''project & LeNx'''OS

1st use & inspiration in 2001, to try Linux distro' along

with Microsoft Windows ME edition and Caldera Open Linux

*Now, a continuous project to test new distro's and consolidation
after initially in 2k1 using redHat, openSuse, mandrake, pear to self*

re-master ubuntu based distro's to develop, modify & simplify

Linux GUI for further community development worldwide, and

for self, also to help & participate to make linux for everyone

and not only for NASA (1st Linux user) other linux users being

Geeks at Universities, R & D labs, software developers and

Organisations like Google, Wikipedia, Firefox, many others

Hollywood Studios 95% use after Titanic 1st film

to use linux in graphic animation AV edit etc

Somewhere xSETUP project that was to build

free software apps, with assured capital

mission changed to building, LyNx. OS

with no capital and self funding

free operating system (OS)

Ranjan LyNx OS, Now e2nivaran_LeNx'''OS

Build, Compiled & re-mastered on Core Linux kernel

Source Code refined by GNU/Linux

Debian, Ubuntu stable UNiX like distro'

and other derivatives to make

No DRM (digital rights management) restriction

No Piracy, No Worry, GPL compliance

*virus proof, hack proof, **free OS***

1st three hardware PC/Laptop manufacturers being IBM, Dell and HP

to break, Microsoft monopoly of pre-installed OS with Linux

Later Acer developed Linpus OS a linux distro' pre installed

List is growing with linux OS on new machines, where Linux is supported, other markets with free Dos to further load Linux or

Windows or Both through non-uefi, boot loader in dual, multi, OS installation on shared HDD, RAM, CPU, GPU system

System Bios needs to be tweaked, for efi file

Stand alone UEFI Bios boot, LeNx'''OS is

lightning fast

LeNx'''OS

Version r27 distro'2016

Beta development & educational

testing on 7th generation cpu+gpu

x64 machine, compatible multi' boot

tried & tested up to 27 sda partitions

single HDD of 500 gb and 4 gib memory

multi'OS efi file boot loader

*free dos (disk operating system) and other
Linux versions to load on selected sda OS partition
pre & post 27 sec ++ delay on desktop/laptop PC beta tested
System Font : Linux Biolinum
SanskriT & many more
Fonts & Languages
13 gb hdd, 4 gb ram
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